

THE ASSOCIATION BETWEEN HIGH SCHOOL STRENGTH AND CONDITIONING COACHES' LEADERSHIP STYLE AND ADHERENCE TO PROFESSIONAL STANDARDS AND GUIDELINES



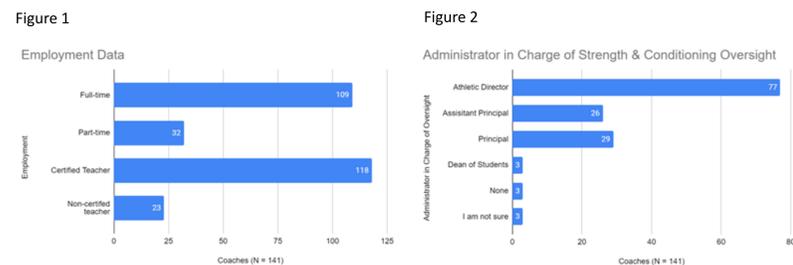
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INTRODUCTION

There exists a glaring research gap in strength and conditioning, especially concerning its application to high school coaches and programs. The purpose of this study is to investigate the relationship between the self-reported leadership styles of high school strength and conditioning coaches and their adherence to professional strength and conditioning standards and guidelines. The current correlational quantitative study will also examine the relationship between professional certification and adherence to professional standards and guidelines.

FIGURES



METHODOLOGY

The Multifactor Leadership Questionnaire (MLQ) Self Form to measure self-perceived leadership behaviors combined with the Strength and Conditioning Professional Standards and Guidelines Checklist was chosen to collect information from the strength and conditioning coaches. The two instruments were combined into one questionnaire and emailed to high school strength and conditioning coaches. Scores for the NSCA Strength and Conditioning Professional Standards and Guidelines Checklist above 75 percent adherence were considered in compliance. Chi-square tests were conducted for this research question to examine whether perceived leadership behaviors and adherence to professional strength and conditioning standards and guidelines to examine whether the two variables are independent

High school strength and conditioning coaches who see themselves as transformational leaders are significantly more likely to follow professional standards and guidelines.

RESULTS

Results indicated key findings (1) coaches who self-perceived themselves as employing a transformational leadership style demonstrated a notable correlation with higher adherence to professional standards and guidelines ($p < .001$); (2) There was no significant association found between coaches who identified with a transactional leadership style and their adherence to professional standards and guidelines ($p = .207$); (3) There was no significant link between coaches who identified with a passive-avoidant leadership style and their adherence to professional standards and guidelines ($p = .312$). No significant association between high school strength and conditioning coaches' professional certification and adherence to professional standards and guidelines ($p > .429$).

PRACTICAL APPLICATION

The results from this study will inform educational administrators tasked with oversight of high school strength and conditioning programs on leadership patterns of coaches, provide insight into best practices, and help coaches enhance the athlete experience. These insights can help coaches understand a path to improve their leadership skills and administrators to create a more supportive environment for coaches and athletes.

FIGURES

Figure 3

Transformational Leadership and Adherence

Transformational Leadership	Standards and Guidelines		Total
	No	Yes	
No	34	58	92
Yes	37	12	49
Total	71	70	141

Chi-Squared Tests

	Value	df	p
χ^2	19.010	1	<.001

Figure 5

Passive Avoidant Leadership and Adherence

Passive-Avoidant Leadership	Standards and Guidelines		Total
	No	Yes	
No	71	69	140
Yes	0	1	1
Total	71	70	141

Chi-Squared Tests

	Value	df	p
χ^2	1.022	1	0.312

Figure 4

Transactional Leadership and Adherence

Transactional Leadership	Standards and Guidelines		Total
	No	Yes	
No	60	64	124
Yes	11	6	17
Total	71	70	141

Chi-Squared Tests

	Value	df	p
χ^2	1.593	1	0.207

Figure 6

Professional Certification and Adherence

Certification	Standards and Guidelines		Total
	No	Yes	
No	9	6	15
Yes	62	64	126
Total	71	70	141

Chi-Squared Tests

	Value	df	p
χ^2	0.625	1	0.429

CONCLUSION

There is a significant association with self-perceived transformational leadership of high school strength coaches and adherence to professional strength and conditioning standards and guidelines. Transactional and passive avoidant leadership did not have a significant relationship to adhering to strength and conditioning professional standards and guidelines. Also, there is not enough evidence to conclude that professional certification is a significant predictor of adherence to professional standards and guidelines. The findings suggest that coaches who inspire and motivate their athletes and foster a positive and growth-oriented team environment tend to prioritize and adhere to established professional standards.